

ENGLISH (EN)
Irregular Rhythm Notification Feature

Instructions for Use



Apple Inc.
One Apple Park Way
Cupertino, CA 95014
www.apple.com



Apple Distribution International
Hollyhill Industrial Estate,
Hollyhill, Cork,
Ireland
Contact: medicalcompliance@group.apple.com



SWITZERLAND COUNTRY SPECIFIC INFORMATION: CH-REP:

QUNIQUE GmbH
Bahnhofweg 17
5610 Wohlen
Switzerland

COLOMBIA COUNTRY SPECIFIC INFORMATION:

PRODUCTO: Función de notificación de ritmo irregular (Version 2.X)

IMPORTADOR:

IMPOMED S.A.S
Calle 1 SUR NO. 77A-21
Interior 201 Medellin Colombia

REGISTRO SANITARIO NO.: INVIMA 2020DM-0021835

BRAZIL COUNTRY SPECIFIC INFORMATION:

ANVISA Nº: 80117580881

RESPONSÁVEL TÉCNICO: Luiz Levy Cruz Martins - CRF-SP: 42415

IMPORTADOR:

Emergo Brazil Import Importação e Distribuição de Produtos Médicos Hospitalares Ltda.
Avenida Francisco Matarazzo, 1.752, Salas 502/503, Água Branca, São Paulo-SP, CEP -
05001-200

CNPJ: 04.967.408/0001-98

E-mail: brazilvigilance@ul.com

INDIA COUNTRY SPECIFIC INFORMATION:

Import License Number: IMP/MD/2022/000754

IMPORTER:

Asia Actual India (OPC) Pvt. Ltd.
523A, Tower A, Spaze I-Tech Park, Sector 49,
Gurgaon, Haryana, India

INDONESIA COUNTRY SPECIFIC INFORMATION:

Product License Number: AKL 20502220301

REGISTRANT:

PT. ASIA ACTUAL INDONESIA, DKI Jakarta
Gandaria 8 Office Tower, Unit 6J. Jl. Sultan Iskandar Muda
Jakarta Selatan 12240 - Indonesia
+62 (021) 2930-3747

KOREA COUNTRY SPECIFIC INFORMATION:

본 앱은 “의료기기” 임.

수입업자: 이머고코리아 (유)

06236) 서울특별시 강남구 테헤란로 152 강남파이낸스센터 26층

제조원: Apple Inc.

(본사) One Apple Park Way, Cupertino, CA 95014, USA

(공장) 20450 Stevens Creek Blvd., Cupertino, CA 95014, USA

허가번호: 수허 20-176 호

명칭 (제품명, 품목명, 모델명): 불규칙한 박동 알림 기능, 휴대형심전도분석소프트웨어, Irregular Rhythm Notification Feature (IRNF)

소프트웨어 버전: 2.X (2022년 8월 26일)

출시연월: 2020년 8월

포장단위: 1ea

사용목적:

모바일 플랫폼(Apple Watch)에 장착된 광혈류측정(PPG) 센서를 통해 맥박을 측정·분석하여 심방세동으로 의심되는 불규칙한 심장박동을 확인하고 사용자에게 알림을 보내는 의료용 어플리케이션이다.

MALAYSIA COUNTRY SPECIFIC INFORMATION:

Device License: GB7830421-55921

AUTHORIZED REPRESENTATIVE:

Nyprax Business Solutions
37 Jalan Terasak Lima, Bangsar Baru,
59100 Bangsar, Kuala Lumpur

PHILIPPINES COUNTRY SPECIFIC INFORMATION:

CMDN Number: CDRRHR-CMDN-2022-988483

IMPORTER:

Asia Actual Consultancy Inc.
Unit 1A GV Square Bldg.
Casa Milan Commonwealth Ave.
Greater Lagro, Quezon City
Metro Manila

THAILAND COUNTRY SPECIFIC INFORMATION:

Medical Device License Number: 65-2-2-2-0016259

IMPORTER:

บริษัท เอเชีย แอคชูวล (ประเทศไทย) จำกัด
8 อาคารทีวัน ห้องเลขที่ 15-102 ชั้น 15 ซอยสุขุมวิท 40 ถนนสุขุมวิท
แขวงพระโขนง เขตคลองเตย กรุงเทพฯ 10110
โทร. 02-821-5998

VIETNAM COUNTRY SPECIFIC INFORMATION:

MA Import License Number: 220002521/PCBB-HCM

LICENSE HOLDER:

Asia Actual Vietnam Co., LTD.
45/90 Binh Tien
Ward 07, District 6
Ho Chi Minh City

UKRAINE COUNTRY SPECIFIC INFORMATION:

ТОВ «ДЖЕРЕЛО-УКРАЇНА»
01033, Україна, м. Київ, вулиця Шота Руставелі 33-Б, офіс 27
е-mail: uarep@jerele.eu
тел. +38 (044) 360 30 11



UA.TR.120

AUSTRALIA Country Specific Information:**Sponsor Details:**

Apple Pty Ltd
Level 3, 20 Martin Place
Sydney, NSW, 2000
Australia
<https://www.apple.com/au/>
TEL: 1-300-321-456

MOLDOVA COUNTRY SPECIFIC INFORMATION:

Registration Number: DM000322301, DM000322302

AUTHORIZED REPRESENTATIVE:

JERELO S.R.L.
MD-2024, str. Pietrăriei, nr 19A, of. 3.
mun. Chișinău, Republica Moldova
+37378538295

PERU COUNTRY SPECIFIC INFORMATION:

Registro Sanitario N° :DB6240E

IMPORTADOR:

Drogería Emergo Peru S.R.L.
Calle Las Orquídeas Nro. 585, Int. 1301,
San Isidro, Lima, Perú
RUC: 205 52 75 65 34

INDICATIONS FOR USE

The Irregular Rhythm Notification Feature (IRNF) is a software-only mobile medical application that is intended to be used with the Apple Watch. The feature analyzes pulse rate data to identify episodes of irregular heart rhythms suggestive of atrial fibrillation (AFib) and provides a notification to the user. The feature is intended for over-the-counter (OTC) use. It is not intended to provide a notification on every episode of irregular rhythm suggestive of AFib and the absence of a notification is not intended to indicate no disease process is present; rather the feature is intended to opportunistically surface a notification of possible AFib when sufficient data are available for analysis. These data are only captured when the user is still. Along with the user's risk factors, the feature can be used to supplement the decision for AFib screening. The feature is not intended to replace traditional methods of diagnosis or treatment.

The feature has not been tested for and is not intended for use in people under 22 years of age. It is also not intended for use in individuals previously diagnosed with AFib.

INTENDED PURPOSE (EU REGION)

The Irregular Rhythm Notification Feature is a software-only mobile medical application that is intended to be used with the Apple Watch. The feature analyzes pulse rate data to identify episodes of irregular heart rhythms suggestive of atrial fibrillation (AFib) and provides a notification to the user. The feature is intended for over-the-counter (OTC) use. It is not intended to provide a notification on every episode of irregular rhythm suggestive of AFib and the absence of a notification is not intended to indicate no disease process is present; rather the feature is intended to opportunistically surface a notification of possible AFib when sufficient data are available for analysis. These data are only captured when the user is still. Along with the user's risk factors, the feature can be used to supplement the decision for AFib screening. The feature is not intended to replace traditional methods of diagnosis or treatment.

The feature has not been tested for and is not intended for use in people under 22 years of age. It is also not intended for use in individuals previously diagnosed with AFib.

Target Population and Intended Users

The IRNF is intended for users who are 22 years and over. There is no specific clinical condition required to use the app. Users who are interested in learning more about their cardiovascular health may choose to activate the feature upon successful completion of an onboarding process.

RUSSIA COUNTRY SPECIFIC INFORMATION

The Irregular Rhythm Notification Feature is not considered a medical device per ROSZDRAVNADZOR (Russian Health Authority).

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USING THE IRREGULAR RHYTHM NOTIFICATION FEATURE

Set-Up/On-boarding

- The Irregular Rhythm Notification Feature is compatible with Apple Watch Series 3 or later. For region availability and device compatibility for the IRNF, please visit <https://support.apple.com/HT208931>
- Update Apple Watch and iPhone to latest OS.
- Open the Health app on your iPhone and select "Browse".

- Navigate to “Heart”, then select “Irregular Rhythm Notifications”.
- Follow the onscreen instructions.
- You may exit on-boarding at any time by tapping “Cancel”.

Receiving a Notification

- Once the feature is turned on, you will receive a notification if the feature identified a heart rhythm suggestive of AFib and confirmed it on multiple readings.
- If you have not been diagnosed with AFib by a physician, you should discuss the notification with your doctor.

All data collected and analyzed by the Irregular Rhythm Notification Feature is saved to the Health app on your iPhone. If you choose to, you can share that information by exporting your health data in the Health app.

New data cannot be collected once your Apple Watch’s storage is full. You should free up space by deleting unwanted apps, music or podcasts. You can check your storage usage by navigating to the Apple Watch app on your iPhone, tapping “My Watch”, tapping “General”, and then tapping “Storage”.

SAFETY AND PERFORMANCE

The performance of the Irregular Rhythm Notification Feature (IRNF) was extensively tested in a clinical study of 573 participants ages 22 and older with a mix of diagnosed AFib and no known history of AFib. Study demographic characteristics are summarized in the table below:

IRNF 2.0 Clinical Study Subject Demographics

	N=573
Age Group	
<55	123 (21.5%)
>=55 to <65	140 (24.4%)
>=65	310 (54.1%)
Sex	
Male	286 (49.9%)
Female	287 (50.1%)
Ethnicity	
Hispanic or Latino	38 (6.6%)
Non-Hispanic or Latino	535 (93.4%)
Race	
White	502 (87.6%)
Black or African American	57 (9.9%)
Other	14 (2.4%)

Enrolled subjects wore an Apple Watch and a reference electrocardiogram (ECG) patch concurrently for up to 13 days. For those subjects contributing data to the primary endpoint analysis, 32.4% (n=140/432) presented with AFib as identified on the reference ECG patch and were included in determining the device sensitivity. Of those, 124 received an IRNF irregular rhythm notification with concordant AFib on the ECG patch, and the sensitivity was 88.6%. Of the 292 subjects who did not present with AFib on the ECG patch and contributed data to the analysis of device specificity, 290 did not receive a notification. The AF detection specificity was 99.3%. The remaining subjects (n=141/573) either contributed data to only secondary endpoint analyses and/or did not complete the study. These results support the device's effectiveness in detecting AFib.

CAUTIONS

The Irregular Rhythm Notification Feature cannot detect heart attacks. If you ever experience chest pain, pressure, tightness, or what you think is a heart attack, call emergency services.

The Irregular Rhythm Notification Feature is not constantly looking for AFib and should not be relied on as a continuous monitor. This means the feature cannot detect all instances of AFib, and people with AFib may not get a notification.

Apple Watch may be unable to collect data when Apple Watch is in close vicinity to strong electromagnetic fields (e.g. electromagnetic anti-theft systems, metal detectors).

A number of factors can impact the ability of the feature to measure your pulse and detect an irregular rhythm suggestive of AFib. These include factors like motion, hand and finger movements, environmental factors such as ambient temperature, dark tattoos on the wrist, and the amount of blood flow to your skin (which can be reduced by cold temperatures).

DO NOT wear your Apple Watch during a medical procedure (e.g., magnetic resonance imaging, diathermy, lithotripsy, cautery and external defibrillation procedures).

DO NOT change your medication without talking to your doctor.

Not intended for use by individuals under age 22.

Not intended for use by individuals previously diagnosed with AFib.

Notifications made by this feature are potential findings, not a complete diagnosis of cardiac conditions. All notifications should be reviewed by a medical professional for clinical decision-making.

Apple does not guarantee that you are not experiencing an arrhythmia or other health conditions even in the absence of an irregular rhythm notification. You should notify your physician if you experience any changes to your health.

For best results, charge your Apple Watch regularly and make sure it fits snugly on top of your wrist. The heart rate sensor should stay close to your skin.

This is a notice to the user and/or patient that any serious incident that has occurred in relation to the IRNF device should be reported to the manufacturer (Apple) and the competent authority of the Member State in which the user and/or patient is established.

SECURITY: Apple recommends that you add a passcode (personal identification number [PIN]), Face ID or Touch ID (fingerprint) to your iPhone and a passcode (personal identification number [PIN]) to your Apple Watch to add a layer of security. It is important to secure the iPhone since you will be storing personal health information. Users will also receive additional iOS and watchOS update notifications on their iPhone and Apple Watch, and updates are delivered wirelessly, encouraging rapid adoption of the latest security fixes. See “iOS and watchOS Security Guide” which describes Apple’s security practices and is available to all of our users. For the

iOS and watchOs Security Guide please visit <https://support.apple.com/guide/security/welcome/web>.

EQUIPMENT SYMBOLS



Manufacturer



Consult instructions for use



European Authorized Representative



Medical Device

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